



3. Erfurter Flughafenlauf Erfurt / 27.08.2016

Detailed evaluation

Söchting, Aischa

Club: N3 Sportverein e.V.
Number: 377

Course: 5.00 km
5km Lauf

Category:
Frauen (20-29 Jahre)

Total time: 28:19

Speed: 10.59 km/h
Running performance: 5:40 min/km

Rank in course/Total: 34 (of 61)

Rank in course/Women: 5 (of 19)

Best time in course: 18:02

Rank in category: 4(of 6)

Best time in the category: 18:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Runde	2.50	14:03	5:37	4	6	5:10	5:10	2.50	14:03	5:37	4	6	5:10	5:10
Finish	2.50	14:16	5:42	4	6	5:07	5:07	5.00	28:19	5:39	4	5	10:17	10:17